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ABSTRACT

GRADES OR AGES: Grades 7-12. SUBJECT MATTER: Principles and basic fundamentals of kickball. ORGANIZATION AND PHYSICAL APPEARANCE: The contents are divided into eight areas, which are Course Guidelines, Course Description and Broad Goal, Course of Study Behavioral Objectives, Course Content, Learning Activities and Teaching Procedures, Evaluation Plans, and Bibliography. The guide is mimeographed and stapled with paper cover. OBJECTIVES AND ACTIVITIES: Objectives include observation skills, basic skills, course content knowledge, and social and personal attitudes. Warm-up exercises, drills, and skills practice techniques are described. INSTRUCTIONAL MATERIALS: None. STUDENT ASSESSMENT: Evaluation is limited to observation and teacher judgement. (PD)

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AUTHORIZED COURSE OF INSTRUCTION FOR THE QUINMESTER PROGRAM

U S DEPARTMENT OF HEALTH
EDUCATION & WELFARE
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DADE COUNTY PUBLIC SCHOOLS

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PHYSICAL EDUCATION

Written by

James Banek

For The

DIVISION OF INSTRUCTION
Dade County Public Schools
Miami, Florida
1971

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KICKBALL

I. COURSE GUIDELINES FOR COURSE NUMBER

A. Student Classification: Coeducational

B. Grade Level: 7 - 12

C. Level of Performance: Beginning

D. Suggested Prior Experiences: None

E. Subject Status: Elective

F. Length of Unit: 9 weeks

II. COURSE DESCRIPTION AND ACCREDITATION STANDARD BROAD GOAL

Junior High: 9.8416 (1) a, b, d, h, i, j
Senior High: 9.8420 (1) a, b, c, d

A. Description

Beginning kickball is designed to teach the principles and basic fundamentals of kickball as a lead-up game to softball in order that students attain a sufficient level of skill to enjoy the game as a lifetime sport in a school and a leisure time situation.

B. Methods and Evaluation

The course will consist of lectures, practice of skills presented, game situations, class tournaments, and written and skills tests.

C. Areas of Concentration

Class periods will be devoted to the mastery of skills, understanding of the rules of kickball, development of techniques using game strategy and tactics, and opportunity to play in class tournaments.

III. COURSE OF STUDY BEHAVIORAL OBJECTIVES

A. Observation Skills Objective: 40% of Unit Grade

1. State Accreditation Standard: Junior High: 9.8416 (2) a, s
Senior High: 9.9420 (2) a, b

All students will demonstrate ability in kickball skills, strategy and tactics which will be practiced and developed in class periods by means of game play and drill activities. The majority of students will display sufficient ability to play in a game situation and will be measured by competencies described in the identification of each skill listed in the course content. Each student's progress and performance in the skills listed below will be evaluated by teacher judgment by observing, checklist, and/or annotation.

a. Kicking
b. Throwing
c. Running
d. Basic strategy and teamwork

2. State Accreditation Standard: Junior High: 9.8416 (2) c, t
Senior High: 9.9420 (2) c, d

At least 75% of the students are able to demonstrate the proficiencies listed in 1. a-d.

B. Basic Skills Objective: 20% of Unit Grade

1. State Accreditation Standard: Junior High: 9.8416 (2) a, s
Senior High: 9.9420 (2) a, b

All students will participate and be rated in at least three skills tests and the majority of students will achieve an average or better score. These tests will be set up and administered according to the scoring and procedure specifications listed in Section VI or other authoritative sources.

a. Throw for Distance
b. Kick for Distance
c. Run Around Bases for Time

2. State Accreditation Standard: Junior High: 9.8416 (2) c, t
Senior High: 9.9420 (2) c, d

At least 75% of the students are able to demonstrate the proficiencies listed in 1. a-c.

C. Course Content Knowledge Objective: 20% of Unit Grade

1. State Accreditation Standard: Junior High: 9.8416 (2) a, s
Senior High: 9.9420 (2) a, b

All students will respond in writing to a test on kickball and the majority of students will achieve an average or better score. This test will represent 20% of the unit grade and will be based on the Beginning Kickball Unit course content and class discussions and will include some questions in all of the following areas:

a. Safety procedures
b. Rules of play
c. Terminology
d. Correct care and use of equipment

2. State Accreditation Standard: Junior High: 9.8416 (2) c, t
Senior High: 9.9420 (2) c, d

At least 75% of the students are able to demonstrate the proficiencies listed in 1. a-d.

D. Social and Personal Attitudes Objective: 20% of Unit Grade

1. State Accreditation Standard: Junior High: 9.8416 (2) a, s
Senior High: 9.9420 (2) a, b

Social and personal attitudes displayed by all students will be evaluated by observation, checklist, and/or annotation by the teacher throughout the entire unit, and it will represent 20% of the unit grade. The teacher will motivate an atmosphere wherein the majority of the students will respond to this development and exhibit desirable behavior. This evaluation will be based on the following social and personal attitudes:

a. Alertness to class procedure and activities
b. Fairness to other students and teacher
c. Good sportsmanship
d. Emotional control
e. Consideration of others
f. Playing courtesies
g. Team work
h. Willingness to participate regardless of degree of skill

2. State Accreditation Standard: Junior High: 9.8416 (2) c, t
Senior High: 9.9420 (2) c, d

At least 75% of the students are able to demonstrate the proficiencies listed in 1. a-h.

IV. COURSE CONTENT
(This section may be duplicated for distribution to students).

A. Terminology

1. Base line. Real or imaginary line between home base to first base and home base to third base (extended).

2. Bases. Distances vary but are equidistant; usually thirty feet to sixty feet apart.

3. Catcher. Member of fielding team who plays behind home base for defensive purposes.

4. Diamond. Playing area consisting of first base, second base, third base, and home base (see diagram).

5. Double. Occurs when a member of kicking team reaches second base without being put out after he kicks ball.

6. Double play. Occurs when two outs are made on one kicker's turn.

7. Fair ball. Ball that is kicked into fair territory.

8. Fielding team. Team that is scattered about the diamond to prevent kicking team from reaching base and ultimately scoring points (runs). -- Defense

9. Foul ball. Ball that is kicked outside fair territory.

10. Home run. Occurs when a member of kicking team reaches home base without being put out after he kicks ball.

11. Infielders. Fielding team members that play on or near the bases (first baseman, second baseman, third baseman, and shortstop).

12. Inning. Occurs when both teams have had a chance to kick.

13. Kicking order. Pre-determined order in which members of kicking team take their turns to kick.

14. Kicking team. Team that is trying to score. -- Offense

15. Out. If a member of kicking team fails to reach a base safely.

16. Outfielders. Fielding team members who play beyond infield (left fielder, center fielder, and right fielder).

17. Pitcher. Member of fielding team who rolls ball to kicking team.

18. Pitcher's mound or box. Area between second base and home from which pitcher rolls ball to kicker (distance varies with ability of players - minimum distance is thirty feet).

19. Point (run). Every time a member of kicking team circles the bases and touches home base.

20. Safe. If a member of kicking team reaches a base.

21. Single. Occurs when a member of kicking team reaches first base without being put out after he kicks ball.

22. Strike. Occurs when kicker attempts to kick ball but misses.

23. Strike out. Not kicking the ball in fair territory in a pre-determined number of tries (usually three).

24. Tagged out. Occurs when an opponent who has secured the ball touches the runner or throws the ball at the runner and hits him, while he is trying to reach a base.

25. Thrown out (force out). Occurs when opponent touches a base with the ball or with some part of his body while the ball is in his hands before the runner reaches base.

26. Triple. Occurs when a member of kicking team reaches third base without being put out after he kicks ball.

B. Description of Kickball

Kickball is played outside or inside as a highly competitive, coeducational sport. The object of the game is for one team to score the most points (runs) after a predetermined number of innings or a time limit. The pitcher commences the game by rolling the ball to the kicker who kicks the ball into the field. The kicker then tries to reach first, second, third and home bases. After reaching first base he becomes a baserunner and waits for the next kicker to advance him to another base and/or ultimately to home base for a point (run). A runner is

not allowed to lead off base or run to the next base before the ball is kicked. If tagged out or thrown out before reaching first, second, third, or home bases the runner is out. After three members of the kicking team are out, they exchange places with the team in the field. This team then has a chance to kick and when three members of this team are out, one inning is completed. A team scores a point (run) with each successful run to the home base. After the predetermined time for the game is completed, the team with the most points (runs) is the winner. In case of a tie more innings may be played to determine a winner if time permits.

C. Playing Courtesies

1. Players should assume an attitude of sportsmanship and fair play at all times.

2. Players should abide by the decisions of the officials.

D. Social and Ethical Values

1. Kickball is a game which can be played by girls, boys, or both.

2. As player's skills increase, it becomes an excellent means for building speed, endurance, power, and coordination.

3. Willingness to participate regardless of degree of skill.

4. Players should help other players of lesser ability.

E. Equipment and Area

1. Equipment

a. Ball. Rubber ball, utility ball or soccer ball
b. Four bases. Regulation softball bases, sawdust filled sacks, wood bases, tires, cones, etc.

F. Safety Procedures

1. Players should do warm-up exercises before playing.

2. Players should be aware of teammate's positions to avoid collisions.

3. Players who wear glasses should wear eyeglass guards.

4. Other balls should be kept clear of the playing area.

5. Players should wear tennis shoes and attire which allows for freedom of movement.

6. Kicking team should sit behind marker cone in kicking order.

G. Rules and Regulations

1. Teams. Players are divided into two equal teams. One team is the kicking team while the other occupies the field positions. Each team includes a pitcher, catcher, first baseman, second baseman, third baseman, shortstop, left fielder, center fielder, and right fielder (any additional players scatter around in the outfield).

2. Scoring. A point (run) is scored by the kicking team when a base runner makes a successful run around the bases to the home base.

   a. An inning occurs when both teams have had a chance to kick.
   b. A game consists of a pre-determined number of innings or determined by a time limit.
   c. In the case of a tie game, extra innings may be played if time permits.

3. The kicker is allowed three strikes (or fouls).

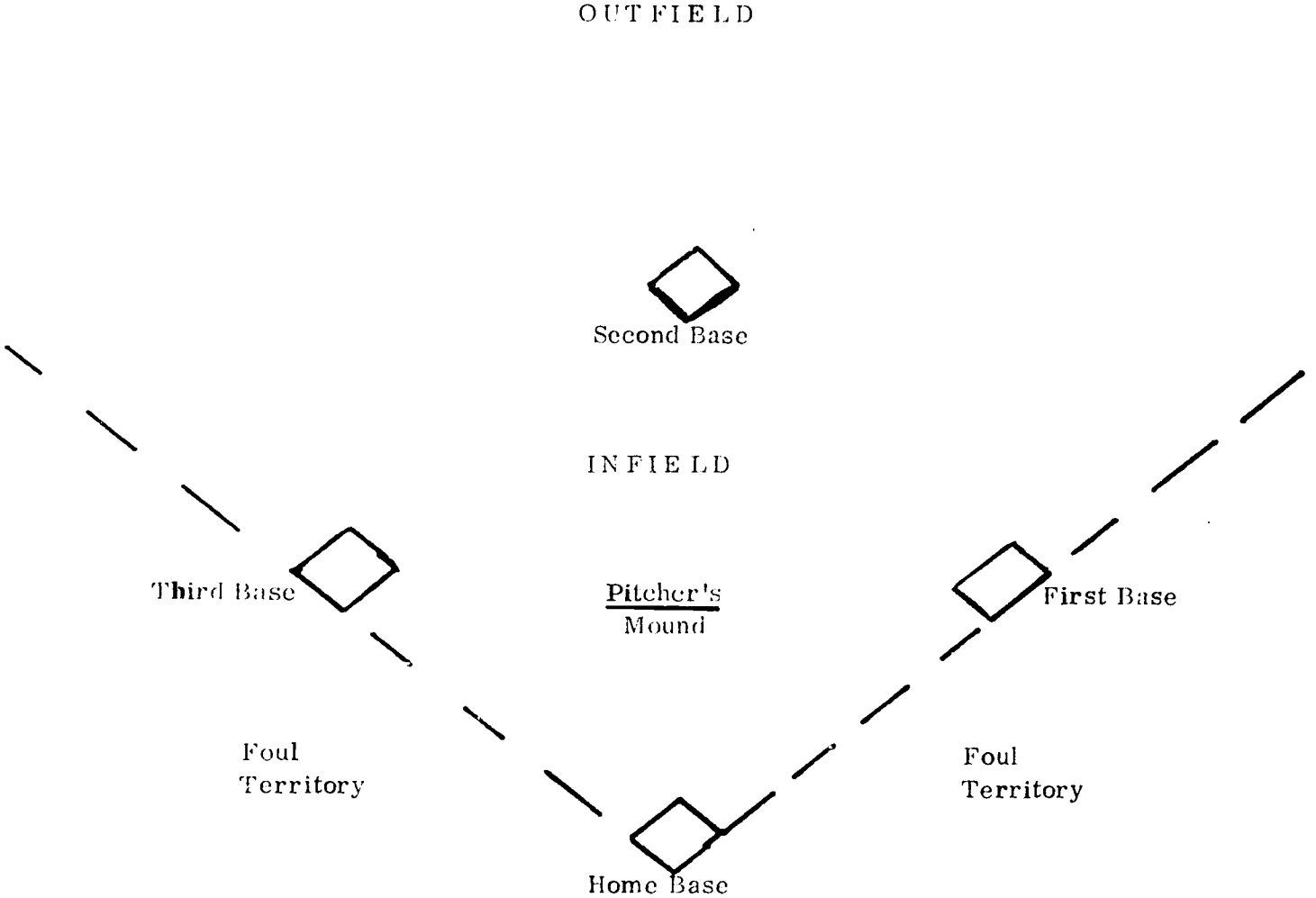
4. The kicking team is allowed three outs.

5. The kicker, after kicking the ball, is allowed to over run first base by turning to the right. If the runner over runs and turns left, he must continue to the next base or return to first base before he is tagged.

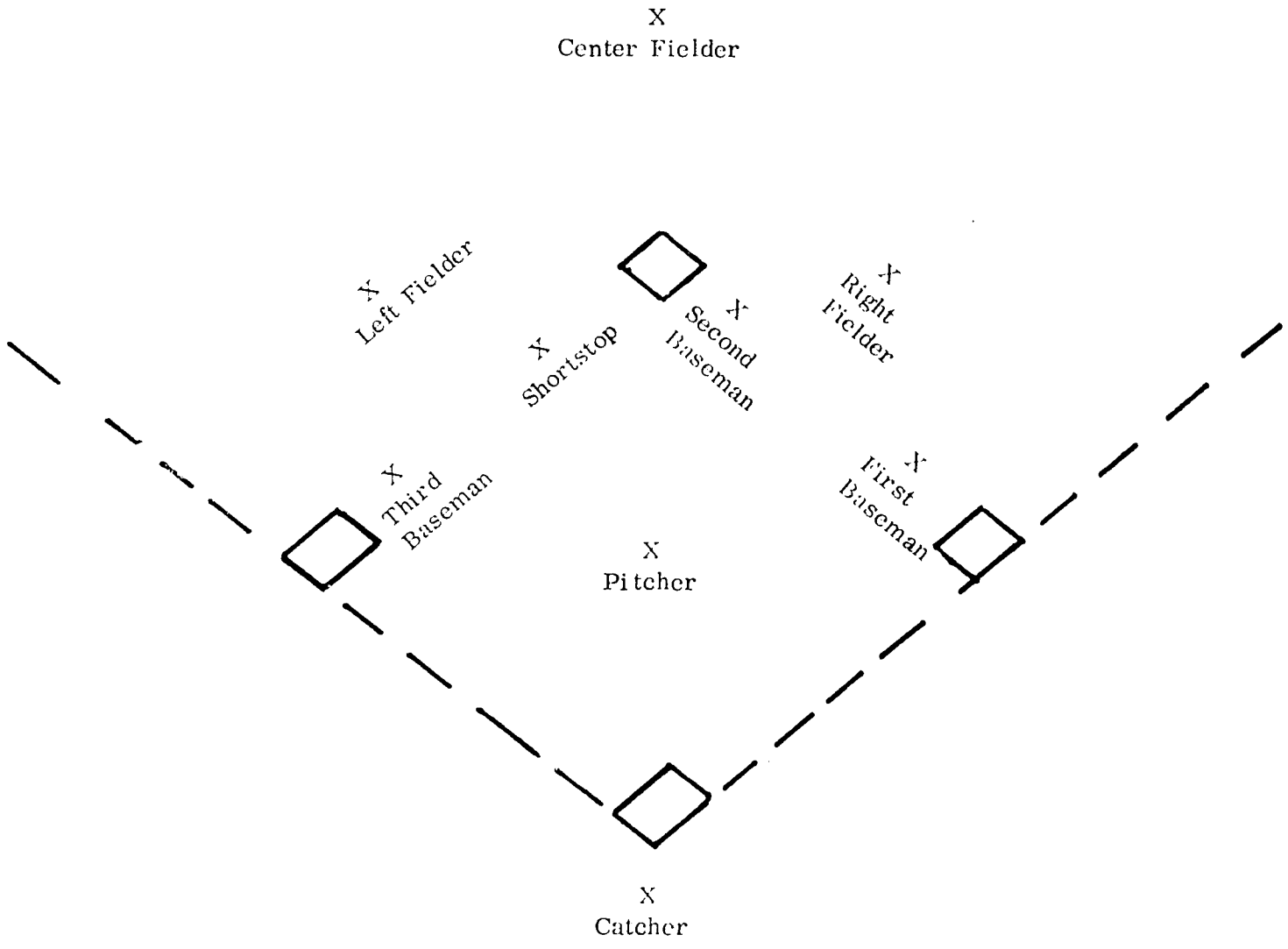
H. Techniques and Fundamentals

The following fundamentals of kickball are fundamentals that will have been learned at an earlier time and are basic to almost every type of active game involving a ball.

PLAYING AREA DIAGRAM



PLAYING POSITIONS DIAGRAM



1. Running

2. Kicking

3. Throwing

4. Catching

I. Strategy and Tactics

1. Kickers may try to place their kick so that the ball will land away from a fielder.

2. Arrangement of kickers may be made so that the better kickers are at the beginning of the kicking-order.

V. LEARNING ACTIVITIES

A. Recommended Warm-Up Exercises

1. Deep Knee Bends

Body Areas:	thighs
Position:	Stand erect, hands on hips.
Procedure:	Count 1: Bend knees and go into a squatting position, arms extended straight forward.
	Count 2: Return to starting position.

2. Jumping Jacks

Body Areas:	legs, endurance
Position:	Stand erect with arms to sides.
Procedure:	Count 1: Jump to a side stride position while arms are raised over head.
	Count 2: Return to starting position with a jump.

3. Squat Thrusts

Body Areas:	arms, legs, endurance
Position:	Stand erect, hands on hips.
Procedure:	Count 1: Bend knees and go into a squatting position. Hands are placed in front on the ground.
	Count 2: Both legs are extended at the same time with a thrust while being supported with the arms. Thrust is backward.
	Count 3: Both legs are brought back up into a squatting position.
	Count 4: Return to starting position.

4. Arm Circles

Body Areas:	arms, shoulders
Position:	Stand erect with arms extended to side.
Procedure:	Start with small circles in a forward direction and increase to larger circles in 8 counts. Repeat in opposite direction.

5. Running in Place

Body Areas:	ankles, legs, endurance
Position:	Stand erect with arms bent so forearms are parallel to floor.
Procedure:	Run, lifting thighs high and parallel to floor.

B. Lead-Up Games and Variations

Kickball is a lead-up game in itself. It is a good activity in learning softball or baseball. Variations may occur in the number of strikes, outs, players involved, playing area distances, or innings or time limit. All these variations will depend on the teacher's discretion.

C. Drills and Skills Practice Techniques

1. Any type of running activity or test. For example, running bases for time; relay races.

2. Throwing a ball for distance and/or accuracy.

3. Kicking a ball for distance and/or accuracy.

4. Catching a number of balls thrown by instructor or another student.

D. Suggested Structure of Activities

1. Teaching of any subject can be approached in a number of ways:

   a. Inductive Approach. Teaching the parts to the whole. Skills and rules for kickball are thoroughly explained, demonstrated, and practiced through drills and other activities before the student is moved into the actual game situation.
   b. Deductive Approach. Teaching from the whole to the parts. Explanation, demonstrations, and drills are held to a minimum as concentration is on teaching an overview of kickball. The student is moved more quickly into the game situation, and drills and reviews accent the daily activities.
   c. Combination of Deductive and Inductive Approaches. This combination of approaches allows the student to get an overview of the game and an understanding of the basic skills.

When student is later moved into the game situation, drills, demonstrations, and explanations are injected as a planned sequence and whenever the progress of the student indicates the necessity of a review or introduction of a new skill. This combination approach enables the student to see the relevance of the drills to his personal development concurrent with the building of physical skills necessary to play the game.

2. The purpose of the following grouping of material is written strictly as a point of reference. Teacher preference, school facilities, group ability, and group progress should dictate the sequence of presentation.

   a. Introduction to Equipment and Playing Area
   b. Fundamental Skills
   c. Presentation of Game
      1. Game description
      2. Safety procedures
      3. Playing courtesies
      4. Social values
   d. Rules and Regulations
      1. Scoring
      2. Terminology
   e. Game Strategy and Tactics

VI. EVALUATION PLANS

Being that kickball is a lead-up to more highly skilled activities, the evaluation will be limited to observation and teacher judgment.

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